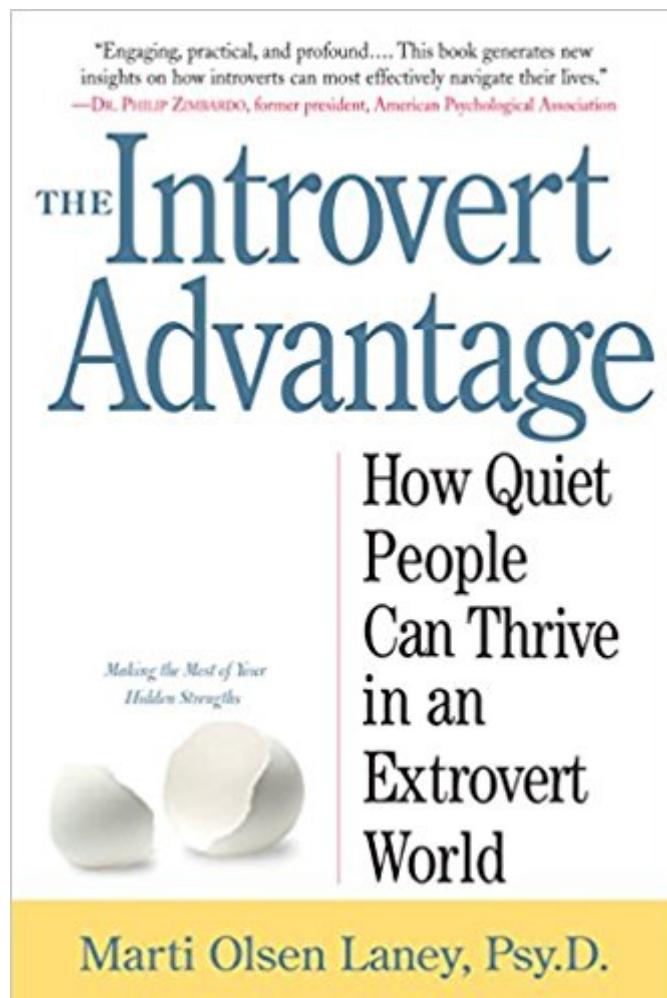


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# The Introvert Advantage: How Quiet People Can Thrive In An Extrovert World



## **Synopsis**

At least one out of four people prefers to avoid the limelight, tends to listen more than they speak, feels alone in large groups, and requires lots of private time to restore their energy. They're introverts, and here is the book to help them boost their confidence while learning strategies for successfully living in an extrovert world. After dispelling common myths about introverts--they're not necessarily shy, aloof, or antisocial--The Introvert Advantage explains the real issues. Introverts are hardwired from birth to focus inward, so outside stimulation--chitchat, phone calls, parties, office meetings--can easily become "too much." The Introvert Advantage dispels introverts' belief that something is wrong with them and instead helps them recognize their inner strengths--their analytical skills, ability to think outside the box, and strong powers of concentration. It helps readers understand introversion and shows them how to determine where they fall on the introvert/extrovert continuum. It provides tools to improve relationships with partners, kids, colleagues, and friends, offering dozens of tips, including 10 ways to talk less and communicate more, 8 ways to showcase your abilities at work, how to take a child's temperament temperature, and strategies for socializing. Finally, it shows how to not just survive, but thrive--how to take advantage of the introvert's special qualities to create a life that's just right for the introvert temperament, to discover new ways to expand their energy reserves, and even how, when necessary, to confidently become a temporary extrovert.

## **Book Information**

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## **Customer Reviews**

"Introverts are like a rechargeable battery. They need to stop expending energy and rest in order to

recharge. Extroverts are like solar panels that need the sun to recharge. Extroverts need to be out and about to refuel." ~Marti Olsen LaneyImagine feeling alone in a crowd, preferring a quiet corner to the limelight and feeling overwhelmed by phones, parties and office meetings. Do people often think you are shy, aloof or antisocial? If you are an introvert, you are going to completely relate to a variety of comments that are like fireworks going off in recognition of truth. Introverts can hide their talents and only show them in certain situations.Through reading this wonderful and often humorous book, you will be assured that nothing is wrong with you. In fact, there is a connection between Introversion and Intelligence.What is fascinating is how Marti Olsen Laney explains how introverts create energy in the opposite way extroverts do. I'm often drained of all energy after being with people for extended periods of time, but being with a book can set me on fire with creativity and energy. I can handle small groups and connecting with familiar faces can actually energize me, but after three hours, I want to find a more peaceful setting.This book helped me understand why I have deeper thoughts when I'm by myself than in a group setting. People seem to not know who I am in the "real-world," but online, I have found a place to show my true self. This is apparently because introverts are more comfortable with writing than speaking in public.Are You an Introvert?Are you detail oriented yet details in public spaces overwhelm you?Do you prefer small parties with intimate friends?Do you avoid crowds?

I picked up a copy of "The Introvert Advantage" because the title intrigued me. I am an introvert, and I have found the trait to offer relatively few advantages in a practical day-to-day living sense. Marti Olsen Laney's book was certainly an interesting and worthwhile read-- and is "recommended reading" for introverts as a nice general reference on the trait-- but it offers only the flimsiest of explanations as to how Introversion is an "advantage."Unlike most writers exploring the subject of introversion-- and who generally go to some lengths to share woeful tales of how "difficult" introversion is, and how it is practically an "illness" or "syndrome" one should be pitied for-- Olsen Laney refreshingly goes into explanations of the neuroscience aspects of Introversion. By showing that "innies" ARE wired a little differently, she effectively removes the "it's all in your imagination" angle many introverts are presented with, on a daily basis. The author also shows how differing biochemistry is behind many of the differences between introverts and extraverts. This, alone, makes the book stand out from previous works on introversion. To her credit, Laney also mostly avoids the common tendency to present a work on introversion in an "us vs them" (extraverts) tone.The book is divided into three main sections. Part one explores the basics of introversion, with descriptions and examples, as well as self-assessment quizzes. This is also the section that talks

about the neuroscience of introversion. Part two covers the challenges facing introverts in a predominantly extraverted world, addressing the areas of relationships, parenting, socializing and work. Part three-- entitled "Creating the 'Just Right' Life"-- is basically about "coping skills" for introverts.

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